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WK51  
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## Chicken Souvlaki with Minted Yoghurt Sauce

Thank goodness the Ancient Greeks took time in between perfecting wrestling and athletics to come up with this tasty number. Soft pita, refreshing mint and creamy yoghurt have been putting smiles on Greek faces forever, so it's no surprise these souvlaki wraps will do the same for you.



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1



eat me early



high fibre

### Pantry Items



Olive Oil



Sugar



Garlic



Free Range  
Chicken Thighs



Red Onion



Greek Yoghurt



Cucumber



Apple Cider  
Vinegar



Mint Leaves



Wholemeal Pita  
Bread



Baby Spinach  
Leaves



Tomato

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1 clove	2 cloves	garlic, peeled & crushed
1 packet	2 packets	free range chicken thighs, sliced into 1 cm pieces
½	1	red onion, thinly sliced
1 tsp	2 tsp	sugar *
2 tbs	4 tbs	apple cider vinegar *
1 tub	2 tubs	Greek yoghurt
1	2	cucumber, grated & excess water squeezed out
1 bunch	2 bunches	mint leaves, picked & roughly chopped
4	8	wholemeal pita breads
½ bag	1 bag	baby spinach leaves, washed
1	2	tomato, diced

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2760	Kj
Protein	45.8	g
Fat, total	30.5	g
-saturated	7.7	g
Carbohydrate	46.4	g
-sugars	11.9	g
Sodium	367	mg



**You will need:** *chef's knife, chopping board, garlic crusher, box grater, sieve, medium bowl, two small bowls, large frying pan and tongs.*

**1** In a medium bowl, combine the **olive oil**, the **garlic**, **chicken thighs** and **salt** and **pepper**. Set aside.

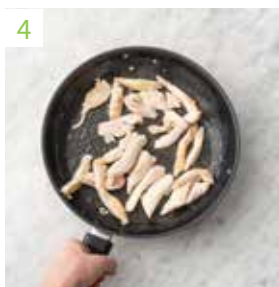


**2** Meanwhile, in a small bowl mix together the **red onion**, **sugar** and **apple cider vinegar**. Leave to pickle until you are ready to serve. Drain before serving.



**3** In a second small bowl combine the **Greek yoghurt**, **cucumber** and half of the **mint**, and season with salt and pepper. Set aside.

**4** Heat a large frying pan over a medium-high heat with the remaining olive oil. Cook the chicken thighs for **5-7 minutes**, or until crispy.



**5** Sprinkle the **wholemeal pita breads** lightly with water to stop them from drying out and heat in the microwave for 10 seconds.

**6** To serve, top the pita breads with the herby yoghurt, **baby spinach leaves**, **tomato**, remaining mint, pickled onion and souvlaki chicken. Enjoy!

**Did you know?** The plural of souvlaki is souvlakia.